

# Chronic Disease Connections

An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

## Health Promotion is Newsworthy . . .

### A Practitioner's Guide for Advancing Health Equity

**This Prevention Institute report** identifies solutions for addressing inequities and poor health outcomes in our communities and within the healthcare system at the community, regional, and state levels.

**This guide** helps public health practitioners advance health equity through community prevention strategies.

## Pre-diabetes and Diabetes News . . .

### Hearing impairment linked to type 2 diabetes

A review of studies of possible linkages between type 2 diabetes and hearing impairment concludes there is compelling evidence that diabetes can damage the auditory system, and that clinicians should include hearing testing in managing type 2 diabetes. The survey results were published in an article titled, "Type 2 Diabetes and Hearing Impairment" in the journal, *Current Diabetes Reports*.

### Islet transplantation restores blood sugar control in type 1 diabetes

Pancreatic islet cell transplantation successfully treated people with difficult cases of type 1 diabetes, although there were side effects. Researchers continue to pursue the approach.

### Health News: How to diagnose prediabetes

Studies have shown that up to 30 percent of people with prediabetes will develop type 2 diabetes within five years. At a time when one in three U.S. adults has prediabetes, it's important to identify which of your patients have this condition to help them get the interventions they need right away. Learn the ways to identify patients with prediabetes in your practice.

### How depression may compound risk of type 2 diabetes

While previous studies have pointed to a link between depression and diabetes, the new findings, published in the journal *Molecular Psychiatry*, suggest that when depression combines with metabolic risk factors the risk of developing diabetes rises to a level beyond the sum of its parts.

"Emerging evidence suggests that not depression, per se, but depression in combination with behavioral and metabolic risk factors increases the risk of developing type 2 diabetes and cardiovascular conditions," said lead author Norbert Schmitz, an Associate Professor in McGill's Department of Psychiatry and a researcher at its affiliated Douglas Mental Health University Institute. "The aim of our study was to evaluate characteristics of individuals with both depressive symptoms and metabolic risk factors."

## What's new about



**Better Choices, Better Health**  
*Put Life Back in Your Life*

"Better Choices, Better Health provided exactly what I needed and after six weeks of classes, I walked away with a much better understanding of how to better deal with stress, pain, communication, better eating, decision making, using my mind to manage symptoms, and more. I left feeling empowered, more focused, and better prepared for what's to come. My husband and I are using so much of what we learned in the workshops. It's amazing how much easier things have become. This program is of great value to anyone dealing with a chronic condition." –Better Choices, Better Health Participant.

Refer your patients with hypertension and/or diabetes! Learn more at <http://idph.iowa.gov/betterchoicesbetterhealth>.



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## Million Hearts® Initiative Update



### **From Million Hearts: 2015 Hypertension Control Champions Announced**

The 2015 Hypertension Control Champions used evidence-based strategies and patient engagement to help their patients achieve blood pressure control rates at or above the Million Hearts target of 70 percent. The 18 Champions, ranging from small practices to large health care systems throughout the U.S., provide care to nearly 1.5 million adults. To be eligible, entrants shared verifiable high blood pressure control data and highlighted successful strategies and best practices adopted by the practice or system, such as the use of health information technology and team-based care. All Champions achieved control rates of 70 percent or greater for their adult patients by using a variety of approaches, including:

- Making high blood pressure control a priority
- Using evidence-based treatment guidelines and protocols
- Using health care teams to increase the frequency of contact with patients
- Implementing consistent, strategic use of electronic health records that include clinical decision support tools, patient reminders, and registry functionality
- Staying engaged with patients by offering free blood pressure checks and implementing the use of a patient navigator or care coordinator

Million Hearts is a national initiative to prevent 1 million heart attacks and strokes in five years. CDC co-leads Million Hearts with the Centers for Medicare & Medicaid Services. **To see the names of the winning practices and for more information about the initiative and to access resources, click [here](#).**

## The latest on the **ABCS**...



### **Aspirin Use**

#### **USPSTF Updates Guideline on Aspirin in CVD, Cancer Prevention** (Article-based CME/CE; Medscape free registration)

This article is intended for primary care clinicians, cardiologists, oncologists, gastroenterologists, nurses, pharmacists, public health officials, and other members of the healthcare team involved in the care of persons in whom aspirin may be considered for cardiovascular disease or cancer prevention.

The goal of this activity is to provide medical news to primary care clinicians and other healthcare professionals in order to enhance patient care.

Upon completion of this activity, participants will be able to:

- Discuss the US Preventive Services Task Force (USPSTF) updated B grade recommendation on aspirin use for primary prevention of cardiovascular disease (CVD) and colorectal cancer
- Describe additional updated USPSTF recommendations on aspirin use for primary prevention of CVD and colorectal cancer

## **Blood Pressure Control and Management**

### **Health News: What successful self-measured BP looks like in practice**

When a patient is willing to partner with their physician in gaining control of high blood pressure, the results can be rewarding for both parties. That partnership is both important and surprisingly simple. A resident physician gives an inside look at how her medical center implemented self-measured blood pressure (SMBP) monitoring and is engaging patients in the advancement of their own health.

### **Patient-Cardiologist Talks Needed to Fight Med Nonadherence**

Not only are patients often not adhering to their cardio-protective medication, clinicians may not be aware which of their patients are non-adherent because of a lack of communication, new research suggests. In a study that questioned 21 cardiologists and 66 of their outpatients, 61% of the latter said they had never or rarely discussed whether they were adhering to their medication—even though 55% reported just moderate adherence and 13% reported poor adherence. Interestingly, all of the doctors said adherence discussions are important. However, 67% admitted not knowing how often their patients miss a dose and just one was able to identify a poorly adherent patient. The top reason given by the cardiologists for why they didn't have more medication adherence discussions was time.

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## Cholesterol Control and Management



### The Philadelphia Inquirer: Philly Woman Surprised To Find Herself In Penn Study

A Philadelphia woman with unusually high "good" cholesterol levels was the impetus for a University of Pennsylvania research study published this year. But she did not realize that until after the research was described in a Philadelphia Inquirer article. (Avril, 5/12)

## Smoking Cessation



### Why it is Critical to health of the Nation to raise the minimum purchasing age for tobacco

More than 140 localities in 10 states have raised the minimum purchasing age for tobacco from 18 years of age to 21—a movement that has been a long time coming. Find out why this is crucial to the health of the nation and which states and cities have such rules in place.



### Tobacco Policy, Pharmacotherapy, and Dentistry Thursday, June 16, 5:00 – 6:00 p.m. Central **Register**

The course will discuss past, current, and possible future policies that deal with tobacco. The course will also explore current over-the-counter (OTC) nicotine delivery systems and compare OTC and Rx pharmacotherapies used with tobacco cessation including indication, utilization and any precautions. You will receive 1 credit(s) of continuing education credit upon attendance of the entire webinar. The speaker for this presentation is Dr. Larry Williams, a former Navy dentist who dedicated many of his years addressing tobacco issues for the armed services via clinical intervention, providing training and policy development. The American Dental Association is an ADA CERP Recognized Provider. For additional information, please contact Sharee Clough at [cloughs@ada.org](mailto:cloughs@ada.org) or call 312 440-2775

## Plan Clinic Awareness Activities for Upcoming Health Observations:

### Men's Health Week

June 13-19, 2016

### Nursing Assistants Week

June 19-16, 2016



**Minority Mental Health Awareness Month**

**Fourth of July!  
Be Safe.**

## Training for Providers:

*HHQI University Course | Free CEs for Nurses*

### Diabetes Self- Management

On May 1, HHQI added a new Diabetes Self-Management course to its Disease Management catalog in [HHQI University](#).

This course provides current evidence-based standards from the American Diabetes Association (ADA) and is applicable to the home health or clinical environments. 3.5 hours of free nursing CE credit. The course offers tools and resources to assist patients with self-management and is appropriate for leadership and healthcare clinicians. [Enroll today](#)



### AMA releases eight new educational modules to support transition to value-based care

[RevCycle Intelligence](#) (5/2, Belliveau) reports that the American Medical Association, as part of its [STEPS Forward Program](#), "has released eight new educational modules to support healthcare providers with the transition to value-based care." In a [press release](#), AMA president Steven J. Stack, MD, said, "With physicians facing critical decisions about new payment models, the AMA is rolling out tools to help practices of all sizes succeed and support better health outcomes for everyone." Dr. Stack added, "The AMA's new, comprehensive online resources will help physicians drive successful implementation as insurers introduce new payment models that reward better outcomes and treatment coordination."

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## New Training Opportunities and Resources for Healthcare Providers

### **No-Shows: New Ways to Tackle a Persistent Problem** (Medscape-free registration may be required)

If you've been in practice for any length of time, you know that getting patients to keep their appointments can be a persistent problem. In an attempt to address the challenge, many practices are experimenting with new technologies that make it more convenient for patients to make appointments they'll actually keep and cancel those they won't.

### **Trends in the prevalence of coronary heart disease in the U.S.: National Health and Nutrition Examination Survey NHANES), 2001-2012**

Yoon SS, Dillon CF, Illoh K, Carroll M. Am J Prev Med. 2016 Apr 6.

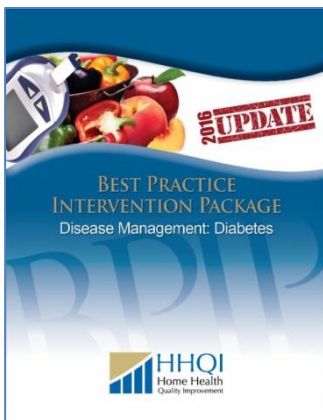


### **New Undiagnosed Hypertension Resources**

Treating patients with uncontrolled hypertension dramatically reduces their risk of a heart attack or stroke. Many Americans with hypertension visit their health care providers regularly, but remain undiagnosed. Million Hearts® has made blood pressure control a critical national priority and has developed clinician and patient resources to help you find patients with hypertension who are "hiding in plain sight" in your health system or practice. Visit the [Million Hearts®](http://www.millionhearts.hhs.gov) website.

### **Burwell unveils proposal to expand diabetes prevention under Medicare**

The New York Times (3/23) reported on the sixth anniversary of the Affordable Care Act, the Obama Administration will "propose expanding Medicare to cover programs to prevent diabetes among millions of people at high risk of developing the disease." HHS Secretary Sylvia Mathews Burwell unveiled the proposal at a YMCA in New York City. The plan calls for Medicare to "pay for certain 'lifestyle change programs' in which trained counselors would coach consumers on healthier eating habits and increased physical activity as ways to prevent Type 2 diabetes, formerly called adult onset diabetes." Burwell explained that "the counseling for people with prediabetes was the first preventive service to become eligible for expansion into the Medicare program under" the ACA.



### **Disease Management: Diabetes BPiP Revised & Expanded Enroll today**

A new HHQI Disease Management: Diabetes Best Practice Intervention Package (BPiP) is now available for you to download. It includes numerous evidence-based strategies to assist with diabetes management including lifestyle modification and medications, and is focused on evidence-based guidelines for caring for patients with type 2 diabetes. Key guidelines that are applicable to home health and in the clinic are included from the newest American Diabetes Association (ADA) Standards of Medical Care in Diabetes. The package also includes short multimedia modules for both clinicians and patients. The modules are available on YouTube, and are also offered as MP4 files, which makes them easy to download to both laptops & tablets so you can view and share with patients without Internet access. The module presenter is a nationally renowned diabetes expert Natalie Tappe, who covers Diabetic Self-Management Education Programs and Benefits, Evidence-Based Foot Care, Prediabetes, and more. For more information, please contact us at [hhqi@wvmi.org](mailto:hhqi@wvmi.org)

## **The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership**

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